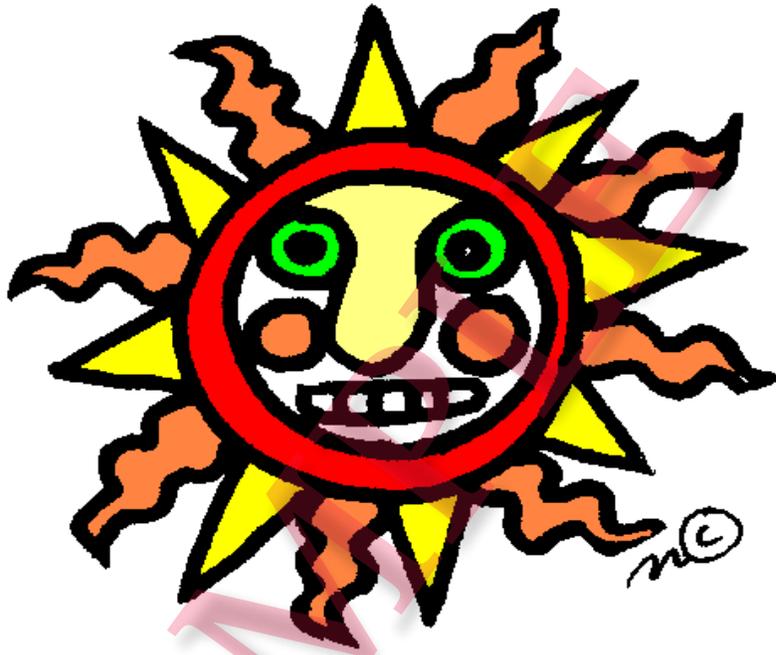


SunSafe in the Middle School Years



Coach Manual

SunSafe in the Middle School Years

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How Coaches Can Protect their Players Skin

As a coach, you work hard to prevent injury to your players. Ensuring they practice sun safe behaviors is another aspect of protecting your players from injury.

Coaches have a dual role of teaching children how to protect themselves from the sun while role modeling sun safe behavior themselves. Many people associate tan skin with health - the media promotes this idea by showing models and athletes with tans. In fact, a "tan" is the body's signal that skin is injured. You can help your players learn that the lighter the "tan," the healthier the skin. Promote the idea that being an athlete means taking care of yourself as much as working on your game.

Make YOUR SunSafe Behaviors a Daily Habit

- Apply sunscreen before you come to practice or games. Reapply at least every 2 hours.
- Wear a hat that protects your face, neck and ears.
- Wear a shirt with sleeves (at least upper arm) and wear lightweight pants rather than shorts when possible.
- Wear sunglasses.
- Seek shade whenever possible or make your own with an umbrella (may choose colors to encourage school/team spirit).

The biggest impact on your players is to have them see someone they respect model a healthy behavior!

Adopt a Sun Safe Policy for Your Team

- Encourage players to come to practice and the games with sunscreen already applied. Make sure they are wearing broad spectrum UVA/UVB SPF of at least 15. Ask them to bring sunscreen in their sports bag.
- At the beginning of practices and games, ask if they are safe with sunscreen. If they are not, ask them to put it on before practice or the game.
- At all day tournaments, make sure they reapply sunscreen at least every 2 hours.
- Encourage players to bring sunglasses to wear when they are sitting on the sidelines.
- Encourage players to bring a hat to wear when they are sitting on the sidelines. The hat should protect the face, neck, and ears.
- When possible, ask them to play in an area protected from the sun. Especially at tournament, encourage players to seek shade between games. This will help them conserve energy as well as protect them from the sun.
- Encourage adequate rehydration by drinking plenty of water

Make it a team goal to block the sun!